

**July 31, 2013**

Written by Andrea  
Tuesday, 30 July 2013 18:44 -

---



**Death by Shoulder Press**

**July 31, 2013**

Written by Andrea

Tuesday, 30 July 2013 18:44 -

---

With a continuously running clock do one shoulder press the first minute, two shoulder presses the second minute, three shoulder presses the third minute... continuing as long as you are able.

Use as many sets each minute as needed.

## **Advanced**

#65

## **Intermediate**

#45

## **Beginner**

#15-25